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Dear Parent,

Welcome back. We hope that everyone had a wonderful Easter break and enjoyed the fantastic weather. We are looking forward to a really exciting term although it has so far been a bit of a start-stop-start affair with a three day week followed by a four day week – it will be good to get back to normality next Monday!

At the end of May we are looking forward to a visit by four teachers from our link school in Shanghai. This is the fourth time we have received groups of Chinese teachers and it has always been a fantastic opportunity for the children to learn a little about China directly from them.

The beginning of the summer term also sees the start of the summer sports. We are looking forward to enjoying many games outside without interruptions from the weather and also taking part in a variety of inter-school sports competitions and events. We are also pleased to be introducing *Go Ride* to Year 6 on June 21st (National Bike week). This is a cycling activity in the school grounds and run by the British Cycling coordinator. The following week a team of 6 children will pit their skills in a competition against a team from Kinsale Junior school.

Year 3 News



This is an exciting term in Year 3 as we have planned a variety of outside learning opportunities including trips and visitors. Many of these will tie in with our 'World of work' theme. We would love to invite some of you to come in and tell the children about your work – details to follow. Other projects this term include studying the Egyptians, and rocks and soils. In the summer term we always do a formal assessment of the children in literacy and numeracy. Let's look forward to an amazing term!

Year 5 News



This term's first project is on Norway. We will be focussing on the geography and traditions of the country. We will also be looking at the geographical features of mountains. We will then move on to a local history project based on Norwich market.

Our residential trip will take place after half-term (13th to 15th June) and so a reminder of what to bring and a medical/consent form will be sent home. Please note all monies for the trip must be received by 3rd June.

Year 4 News



We have an exciting term planned. We will soon be off on our residential trip to Whitwell Hall which, having visited the Hall grounds during the Easter break, has dried out considerably since our last day visit! We will be learning about lifecycles, early explorers and Aztecs over the term. We are also looking forward to sports events and will be preparing our Year 4 contribution for the evening music event.

Year 6 News



This term is a very important one with SATs in the week beginning 9th May. All pupils now have access to Mathletics, which is a very useful revision tool in the run up to SATs. It's important that all children have plenty of sleep & a good breakfast during Test Week so they are ready to do their very best.

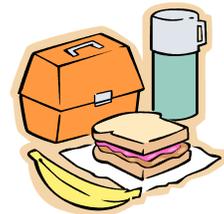
We are looking forward to our residential trip at Eaton Vale (16th to 18th May). A reminder, please, that final date for full payment was due on the 28th April. Please contact the office, in confidence, if you have particular difficulties with this.

Cycling To School

We are delighted with the amount of children that walk or cycle to school. As we all know this means we are more refreshed and alert to start the school day. Children are issued cycle passes on the understanding that they will always wear their helmet when cycling to and from school. Last year we also issued a high visibility vest to children with a cycle pass. We strongly recommend that this is worn at all times too, to ensure the best possible safety!

Packing a Healthy Packed Lunch

At this point last year we published our Packed Lunch policy. It was written with the full involvement of children and through surveys and with guidance provided by the School Food Trust. The intention is to encourage anyone bringing their own lunch to school to eat as healthily as possible! We know that most children eat really well with plenty of fresh fruit/vegetable, and a wide variety of foods over the week but we have been surprised to see that some people have snacks (e.g. crisps, salted peanuts and chocolate covered biscuits) *almost every day!* We thought it would be useful to re-issue our recommendations...



So, what would be an ideal packed lunch? (based on the DCSF standards for school food)

There *should* be:

- A wide *variety* of foods over the course of a week
- A main item based on starchy carbohydrate e.g. different types of bread, pasta, potato, rice or couscous
- At least one portion of fruit and vegetables. These could be separate items or in the sandwich or salad.
- Some kind of protein: meat, fish, egg or vegetarian equivalent
- A drink-preferably water, fruit juice or milk

There *could* be:

- A dairy product-small cheese portion, milk or yoghurt
- Something sweet to finish with e.g. muffins, malt loaf, flapjacks etc

There *should not* be:

- Too many savoury snacks (high salt levels)
- Confectionery (chocolate bars and sweets)
- Fizzy and sugary drinks

REMINDER: the cost of school meals went up on 26th April to £2.10 per day.

Diary Dates

May

Monday	9 th	Year 6 Test Week
		Year 4 Residential trip week
Tuesday	10 th	Year 3 Archaeology day
Wednesday	11 th	Year 3 Archaeology day
Monday	16 th	Year 6 Residential trip week
		Serena Jones (Hellesdon High) assembly: <i>Emmanuel Grace School, India</i>
Monday	23 rd	Road Safety assembly
Tuesday	24 th	Major Sarah Murray (Salvation Army) assembly
Thursday	26 th	Year 6 Celebration Disco
[Half-term]:	30 th	May to 3 rd June, 2011]

June

Monday	13 th	Year 5 Residential trip week
		Year 3 "World of Work" week (activities and trips week)
Tuesday	14 th	Year 2 children to visit
Friday	24 th	Prom on the Pitch (evening)
Thursday	30 th	School closed

July

Friday	1 st	School closed
Monday	4 th	End of year reports sent home
Monday	11 th	School sports – part 1 (morning)
Tuesday	12 th	Parent consultation meetings
Wednesday	13 th	School sports – part 2 (morning)
Thursday	14 th	Disco
Friday	15 th	Leavers assembly
Monday	18 th & Tuesday 19 th	Year 6 children to Hellesdon High School
Tuesday	19 th	Freddie Fit – activity events for Years 3, 4 & 5
Wednesday	20 th	Freddie Fit event for Year 6
Friday	22 nd	Last day of term

Local schools closed for staff training and development on Thursday 30th June and Friday 1st July.